



THE COCHRANE LIBRARY

Independent high-quality evidence for health care decision making

The Cochrane Library. The single most reliable source of evidence in healthcare
The Cochrane Reviews highlighted below are available from the
Cochrane Database of Systematic Reviews (www.thecochranelibrary.com)
Cochrane Reviews are regularly updated as new evidence emerges and in response to feedback,
and the Cochrane Database of Systematic Reviews should always be consulted for the most recent version of the review.

COULD BOTOX MAKE WALKING EASIER IN CHILDREN WITH CEREBRAL PALSY?

JULY 24, 2024 - A recent randomized clinical trial published in *Developmental Medicine & Child Neurology* assessed whether injections of botulinumtoxin-A in calf muscles benefit children with cerebral palsy.

“We hypothesized that injections with botulinumtoxin-A in the calf muscles would make walking easier, caused by improved ankle joint functioning following spasticity reduction,” the authors wrote.

In the trial, one botulinumtoxin-A treatment was not superior to placebo in making walking easier (measured as a reduction in energy cost or improved walking capacity); however, there was some evidence of a delayed improvement in energy cost. Moreover, there was some evidence of a decrease in calf pain intensity. No serious adverse events related to botulinumtoxin-A treatment were recorded.

URL upon publication: <https://onlinelibrary.wiley.com/doi/10.1111/dmcn.16038>

Full citation: “Does botulinum neurotoxin A make walking easier in children with cerebral palsy? A randomized clinical trial.” Siri Merete Brændvik, Anne Elisabeth Ross Raftemo, Karin Roeleveld, Guro Lillemoen Andersen, Kjersti Ramstad, Turid Follestad, Ånen Aarli, Marcin Bonikowski, Torstein Vik, *Walking Easier. Dev Med Child Neurol*; Published Online: 12 June 2024 (DOI: 10.1111/dmcn.16038).

Copyright © 2019 The Cochrane Collaboration. Published by John Wiley & Sons, Ltd., Reproduced with permission.

Do dietitians have weight biases towards themselves and others?

AUGUST 7, 2024 - In a survey-based study, UK dietitians exhibited significant weight stigma, both towards themselves and towards others.

The study in the *Journal of Human Nutrition and Dietetics* involved an online survey completed in 2022 by 402 registered dietitians aged 20–70 years old. Most respondents reported personally experiencing weight stigma prior to (51%) and after becoming (59.7%) registered dietitians, and nearly a quarter (21.1%) felt that their weight influenced their own ability to perform as a dietitian.

Weight stigma was experienced across the weight spectrum. Participants reported explicit (or conscious) weight bias attitudes, moderate beliefs that obesity is controllable, and implicit (or unconscious) anti-fat bias.

“The study highlights the need to address weight stigma and its implications within the dietetic profession,” the authors wrote.

Link to Study: <https://onlinelibrary.wiley.com/doi/10.1111/jhn.13337>

Full citation: “My words would have more weight’: exploring weight stigma in UK dietetic practice and dietitian’s lived experiences of weight stigma.” Adrian Brown, Stuart W. Flint. *J Hum Nutr Diet*. Published Online: 07 August 2024 (DOI: 0.1111/jhn.13337).

Copyright © 2019 The Cochrane Collaboration. Published by John Wiley & Sons, Ltd., Reproduced with permission.